

September 11, 2003

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Pyramid Reassessment  
USDA Center for Nutrition Policy and Promotion  
3101 Park Center Drive Room 1034  
Alexandria, VA 22302

To Whom It May Concern:

I recently read a news brief indicating that revisions are going to be made to the food pyramid. The brief noted several types of possible changes including exercise considerations and calorie levels.

In my work, the biggest problem I see with the pyramid guideline is the number of daily portions. When the pyramid suggests 6-11 servings, many people presume the serving size to be their average serving size, which may be two or more actual servings. Please make the number of daily servings or the serving size more consistent with the *actual serving size* of a normal consumer.

I appreciate the opportunity to comment on these upcoming revisions. Thank you.

Sincerely,

*Debra S. Fitzpatrick*

Debra S. Fitzpatrick  
Medical Librarian  
R. Dietz Wolfe Medical Library  
Norton Audubon Hospital

Louisville, Kentucky

@

*Fitzpatrick  
1 of 1*

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Food Guide Pyramid Reassessment Team  
USDA Center for Nutrition Policy and Promotion  
3101 Park Center Drive, Room 1034  
Alexandria, VA 22302.

Dear Sir or Madam:

First, thank you for designing and publishing a food guide pyramid that children can understand. Thank you for your efforts to publish the food guide pyramid at all and to continue the effort to make it accurate and clear. Thank you for allowing public comment. Now for the criticism.

The only complaints I have (or ever had) are about the top triangle of the pyramid. I have e-mailed you a letter before about what you *DON'T* include in the top. The pictures of the foods in the other sections of the pyramid are nice and specific and make it very clear how much of those items we should eat. Excellent work! Why isn't the top just as specific and clear? Why doesn't the top of the children's version have pictures of french fries or doughnuts? That picture of butter does not mean anything to kids. They don't control what is in the food they eat. Children eat what their parents buy so the benefit of what they learn from the pyramid is pre-empted anyway. Butter is more of an ingredient than a single, hand held, individually consumed item. Why doesn't the top of the adult version have specific pictures? Those little triangles and squares symbolizing sugars or fats are worthless. They are too small to see or command attention (convenient for the junk food industry).

Are you being intimidated by the food corporations into not showing specific products? Have they convinced you (wrongly) that your pyramid should be a product of negotiation or compromise? If they have, please tell them to shut up and go away. Have they tried to use the extortion of claiming that too many people will lose their jobs if people stop eating junk food? If they have, I hope you will see through that façade and that they only care about their profits.

My bottom line? Put specific food pictures in the top. You work for the health of the citizens, not for corporate profits. I know the top section was chosen for the food we should not eat because it was the smallest section and was supposed to convey that we eat only small amounts of those foods. If we don't know what those foods are, what good does the size of the section do? Since the top section has such limited space, you could cut off the top point and make it wider. It would really be a trapezoid but it would still look enough like a pyramid. My e-mail is [rs@...](mailto:rs@...)

Thank you,

Russell S. Holt

Holt  
1 of 1



# GILA RIVER INDIAN COMMUNITY

SACATON, AZ 85247

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9/10/03

## DEPARTMENT OF PUBLIC HEALTH

Fax:

September 11, 2003

Mr. Eric Hentges, Executive Director  
Center for Nutrition Policy and Promotion  
3101 Park Center Drive, Room 1034  
Alexandria, VA 22302-1594

Dear Mr. Hentges,

We have enclosed copies of our work for your consideration when making the much needed revision of the Food Guide Pyramid and Dietary Guidelines.

Please consider the following:

More than 2/3 of Americans are overweight, half of those are obese, and it is well documented that the majority of those have the metabolic syndrome (known also as Syndrome X or prediabetes)

- The proportion of calories from carbohydrates (sugar and starch) is excessive. Portion sizes of carbohydrate foods are perhaps the most excessive. Grain servings suggested (6-10) relate to the so called "standard" serving not what the general public views as a serving. Examples; pasta 1/2 cup "standard" vs 2 cups actual. The same is true of rice; 1/3 cup vs 1 1/2 cups; and a bagel 1 1/2 oz vs 4 oz. Incidentally, none of the above are whole grain and all are very, very low in fiber.
- Carbohydrate foods demand insulin, and extra insulin creates many of the metabolic problems.

We are working in the Gila River Indian Community, better know as the Pima Indians. The majority of adults have very a high body mass index (BMI), more than half of those over the age of 35 have type 2 diabetes, three fourths of the children are obese, and more than 150 under the age of 18 also have type 2 diabetes. Almost all other minority groups are approaching these numbers at the same time activist groups verbalize "hunger."

I'd like to petition you to also remove all references to "energy" and "calorie" requirements as the Child Nutrition Program regulations are being revised.

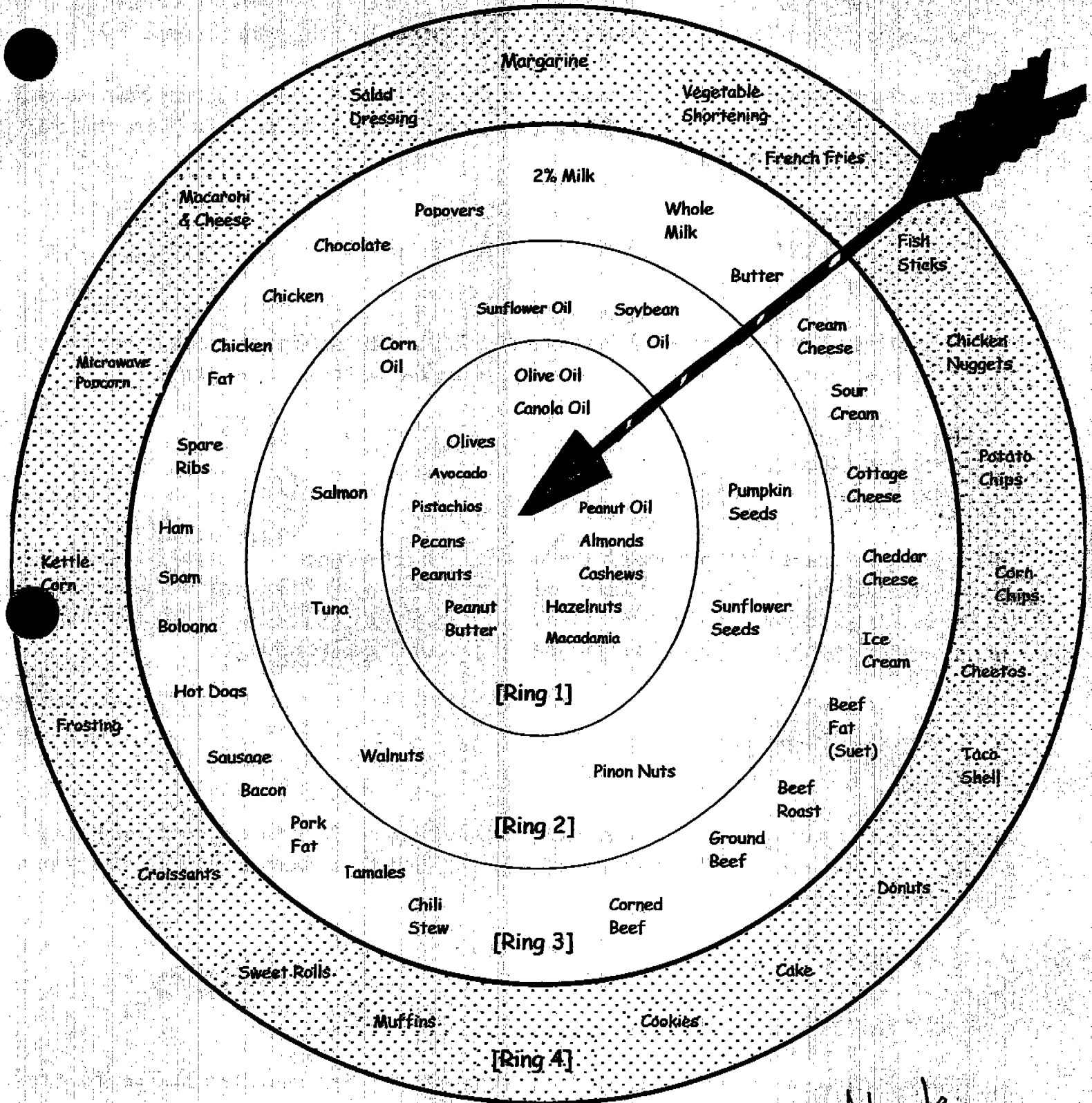
There is ample national, and international, research to support all of the above statements.. Please let me know what I can offer you.

Thank you.

*Joanne S. Hurley*  
Joanne S. Hurley MS RD  
Public Health Nutrition

*Hurley*  
*1 of 3*  
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# Know Your Fats

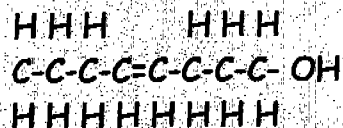


- Ring 1- Monounsaturated Fats 4-5 servings a day
- Ring 2- Polyunsaturated Fats 3-4 servings a day
- Ring 3- Saturated Fats 2 servings a day
- Ring 4- Trans Fats not more than 1 serving a day

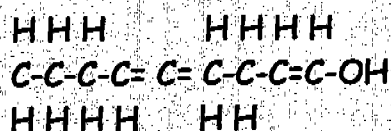
*Handwritten:* Hurley 3 or 3

Fats do not make blood sugar go up. Fats do not demand insulin. Ideas about fat are changing. Today the type of fat is more important than how much fat. Most foods have some of each type of fat. Each type of food fat works differently in the body, so the choice is important.

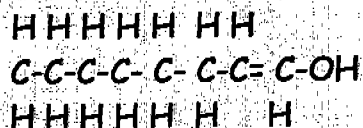
Monounsaturated fats are the best choice. They do not harm the body. You may have more of these fats. (Ring 1) Monounsaturated fats have a picture that looks like this: (Note there is only one =, called a double bond.)



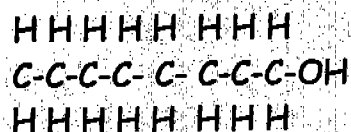
Polyunsaturated fats in the form of liquid oils are OK too. (Ring 2) They have a picture that looks like this: (Note more than one =. Note the H are on the same side of the =.)



When hydrogen gas is bubbled through the liquid oil the fat changes. It can not be used by the body in the right way. It may harm many body functions. (Ring 4) This is called a hydrogenated fat, or by the newer name, trans-fat. The picture changes to look like this: (Note the H are opposite sides of the = and two = have changed to pick up an additional H.)



Saturated fats are a big question. Many experts think they are harmful and some think they are OK. Until they can prove what the truth really is, limit the amount. Saturated fats have a picture that looks like this:



Saturated fats have not been processed. They occur naturally that way. (Ring 3) The trans fats are more harmful than the saturated fats. Your body can tell the difference.

All fats and oils have 9 calories per gram of weight. Too much fat of any kind may lead to a body fat.